

ATTACHMENT 1

BACK BEND WITH HANDS ON WALL

DESCRIPTION: The student is instructed to extend his arms overhead and in back of him, placing the palms of his hands flatly against the wall. The body is thus arched with feet flat on the floor approximately three feet from the wall. Muscular strain and pressure are centralized in the shoulders and arms, with accompanying pressure being experienced on the back and abdominal muscle areas as well. A variation of this may easily be imposed by having the student support his leaning weight on his finger tips only, rather than the entire palms of his hands.



ILLUSTRATION 1

BACK BEND WHILE KNEELING

DESCRIPTION: The student is instructed to kneel on the floor and bend backward. He will not be permitted to rest his buttocks on his heels (relieving pressure). He will place his hands behind his head to fatigue the arms at the same time. Pressure is thus concentrated in the muscles of the legs, abdomen, and back. Prolonged periods in this position will also cause strain to be felt in the knees and in the folded arms.



ILLUSTRATION 2

BACK BEND WITH HEAD ON WALL

DESCRIPTION: The student is first instructed to stand with his back to the wall with the back of his head touching the wall at its normal height. The instructor will then tell the student to walk away from the wall while he maintains head contact with the wall. Once the student reaches his stress limit he is then instructed to raise his arms straight forward at a 90° angle from his chest. Primary strain is felt at the back of the head and in the neck muscles as he strives to support his leaning weight on the wall. Secondary stress and strain also occur in the small of the back and the abdominal areas. Accompanying pain and heaviness build up in the arms.

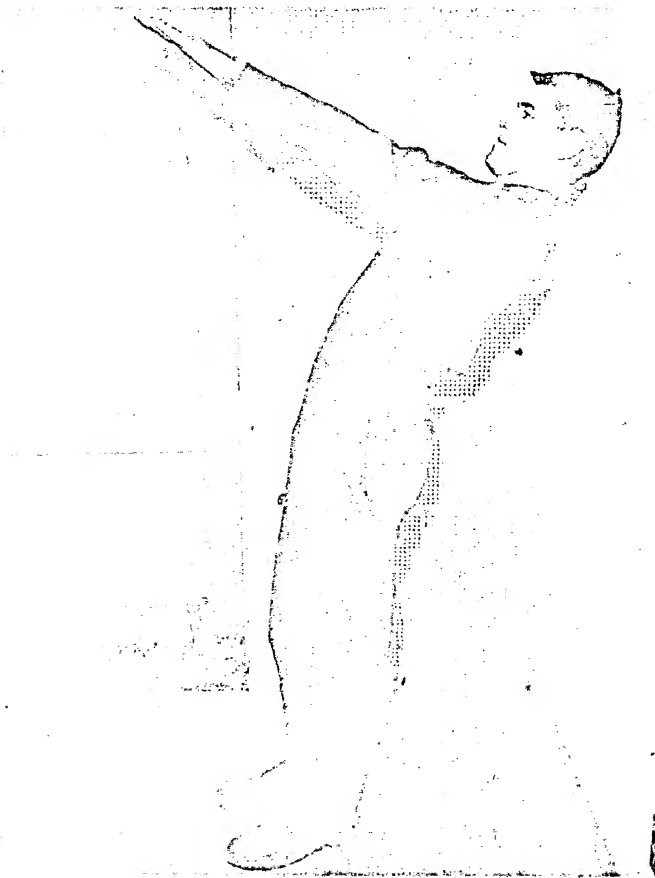


ILLUSTRATION 3

SEATED POSITION WITH BACK TO WALL

DESCRIPTION: The student is instructed to assume a seated position, supporting himself in this position with his legs and leaning his entire back flatly against the wall. His arms are to be extended straight forward at a 90° angle to his chest. Primary stress and strain is concentrated in all leg muscles with accompanying stress in the abdominal region. Concurrent stress also builds up in the arm muscles as the student continues to hold his arms in an extended position.

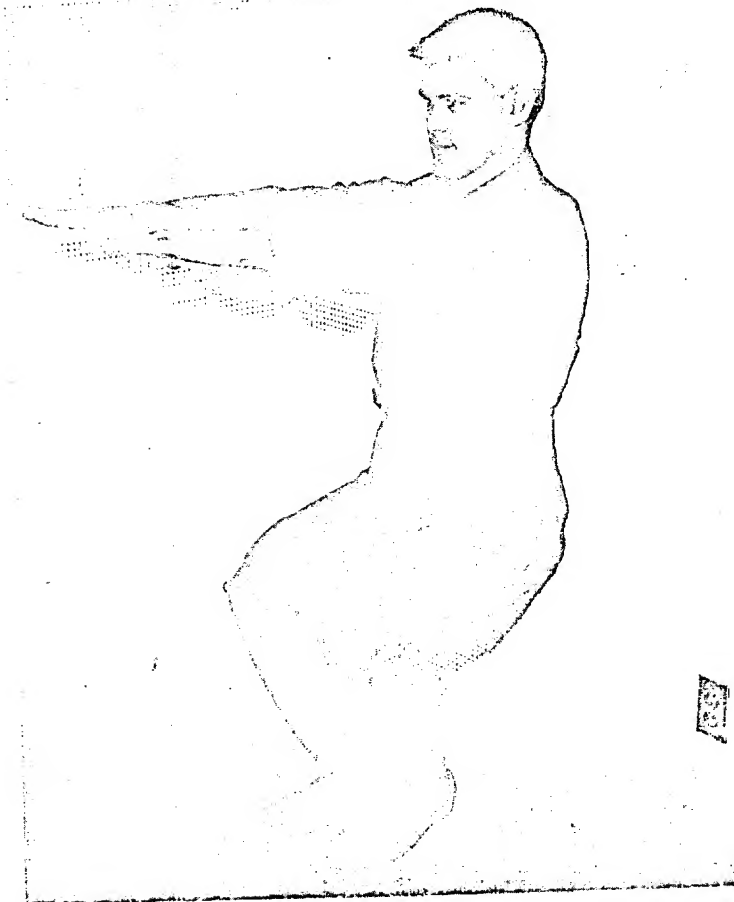


ILLUSTRATION 4

INDEX FINGERS TO THE WALL

DESCRIPTION: The student is instructed to extend his arms and lean on the wall, supporting his entire leaning weight with only his index fingers. While most stress and strain is centralized in the index fingers, noticeable stress does build up in the palms of the hands and throughout the arm muscles.



ILLUSTRATION 5